



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



Bud Kearns Pool

2229 Morley Field Drive • San Diego, CA 92104 • (619) 692-4920 • www.sandiego.gov

Fall 2006 Program

Effective:

September 5 - December 24, 2006

ride the
WAVE

to a new and exciting job!
A program of the City of San Diego Park and Recreation Department

Programs and fees are subject to change without prior notice.

The City of San Diego Learn to Swim Program ☆

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

PARENT/TOT (6 months to 3 years*) With an emphasis on fun and games, our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool safety rules. This class requires a parent or other responsible adult to participate in the water with the child.

TINY TOTS (3* to 5 years) Prerequisites: The child must be able to understand and obey instructions. Fun songs and games allow Tiny Tots to adjust to the water and be introduced to basic swimming skills. The class is conducted without parent participation.

ADVANCED TOTS (3* to 5 years) Prerequisites: Tiny Tots Swimmers continue to develop basic swimming coordination.

SUPER TOTS (3* to 5 years) Prerequisites: Advanced Tiny Tots Super Tots are introduced to side breathing and learn to swim greater distances on their front and on their back.

*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

CHILDREN SWIMMING LESSONS (6 years and up) Lessons include Beginner 1, Beginner 2, Beginner 3, Advanced Beginner, Intermediate, Swimmer and Advanced Swimmer.

PRIVATE/SEMI-PRIVATE LESSONS Private or semi-private classes are available for special needs or personal instruction. The instructor will focus on the skills suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

ADULT LESSONS (ages 15 and up) Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.



SWIM LESSON SCHEDULE

Large Group \$53.75

(City of San Diego Resident fee)

Monday, Wednesday, Friday

(3 weeks/35 minute classes)

Session 1 September 11 - September 29, 2006

Session 2 October 2 - October 20, 2006

Session 3 October 23 - November 10, 2006

4:00 pm - 4:35 pm	Tiny Tots	Beg. 3
4:45 pm - 5:20 pm	Advanced Tots	Beg. 2
5:30 pm - 6:05 pm	Super Tots	Beg. 1

CSDS☆

City of San Diego Swim League

The CSDS is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation.

The White Level is for the swimmer who is new to competitive swimming. The focus of the White Level is placed on the instruction and technique of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) in a fun and social environment. Competition among the 13 City pools is scheduled year around.

The Silver Level introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership.

WHITE LEVEL

Monday, Wednesday, Friday	5:30 pm - 6:30 pm
September \$13.20	November \$15.40
October \$22.00	December \$11.00

SILVER LEVEL

Monday, Wednesday, Friday	5:00 pm - 6:30 pm
September \$19.80	November \$23.10
October \$33.00	December \$16.50

YOUTH WATER POLO☆

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

PEE WEE

Tuesday, Thursday	4:00 pm - 5:00 pm
September \$8.80	November \$8.80
October \$9.90	December \$6.60

YOUTH

Tuesday, Thursday	5:00 pm - 6:00 pm
September \$11.00	November \$8.80
October \$12.10	December \$6.60

OLDERS

Tuesday, Thursday	5:45 pm - 6:45 pm
September \$11.00	November \$8.80
October \$12.10	December \$6.60

ADULT WATER POLO

Water polo is a fun energetic sport which emphasizes swimming ability, conditioning and teamwork. Participation in this Adult Water Polo program will give interested adults a place to learn the fundamentals of water polo, receive a structured workout and give participants an opportunity to compete. Participation in this recreation level program will offer you the opportunity to socialize, take part in a developmental sports program and enjoy a fun workout.

Saturdays 10:00 am - 12:00 pm \$9.00/visit

WATER FITNESS

ABC Aquatic Body Conditioning (Shallow Water)

This is a total body conditioning class. This multi-level, low impact, cardio-respiratory workout is held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Monday 5:30 pm - 6:30 pm
Saturday 10:00 am - 11:00 am

DEEP H2O WORKOUT

This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool-down period. Deep water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water.)

Wednesday 5:30 pm - 6:30 pm
Daily Admission \$9.50 Adult Pass (4 classes) \$36.00
Senior Admit \$2.50 Senior Pass (4 classes) \$10.00

☆ A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information.

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.
- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

GENERAL INFORMATION

LAP SWIM

Monday - Friday	11:30 am - 2:30 pm 4:00 pm - 8:00 pm
Saturday	10:00 am - 3:00 pm
Sunday	Closed

RECREATIONAL SWIM

Tues/Thurs	4:00 pm - 7:30 pm
Saturday	12:00 pm - 3:00 pm
Sunday	CLOSED
November 10, 2006	CLOSED
November 23, 2006	CLOSED
December 24, 2006 - March 31, 2007	CLOSED

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

FACILITY ADMISSION FEES

Adults (16 years & older)	\$5.00/admission
Child/Disabled/Senior (62 & older)	\$1.50/admission

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.